



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Kruse, Timo**

Club: Physiotherapie EL KADI Witten  
Number: 86

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:37:53

Speed: 10.42 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 88 (of 123)

Rank in course/Men: 76 (of 98)

Best time in course: 1:04:30

Rank in category: 3(of 6)

Best time in the category: 1:17:07

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	30:51	6:10	5	6:38	77	11:07	5.00	30:51	6:10	5	6:38	77	11:07
Lap 2	3.00	17:10	5:43	4	4:13	76	6:00	8.00	48:01	6:00	5	10:51	77	17:07
Last lap Ziel Hen	9.50	49:52	5:14	3	9:55	73	16:16	17.50	1:37:53	5:35	3	20:46	76	33:23